

# Staying safe during COVID-19 for people with disabilities

Avoid crowded  
places



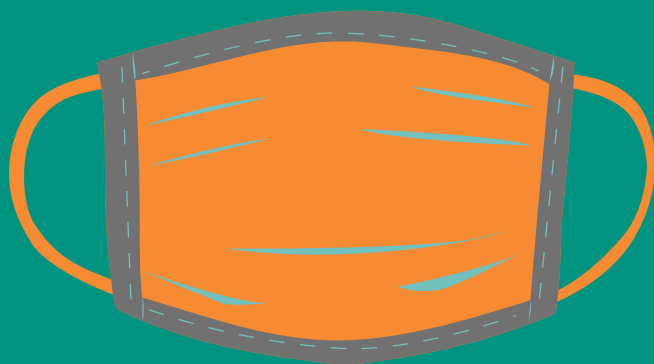
Wash your  
hands regularly



Disinfect  
assistive devices



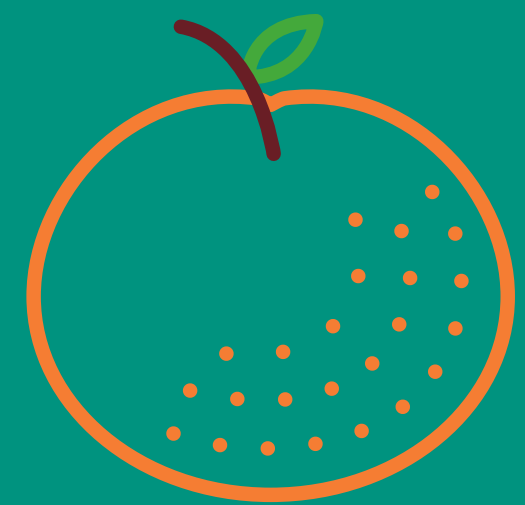
Wear a face  
mask



Gather supplies  
of health items



Eat healthily



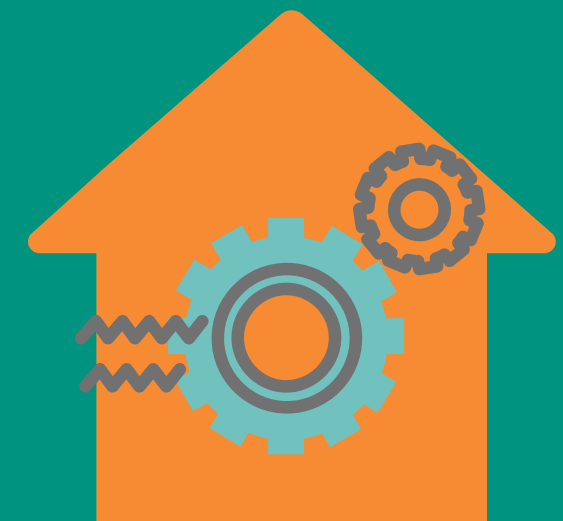
Chat with peers  
and friends



Do safe exercise  
and stretch  
regularly



Work at home if  
possible



Identify helpful  
organizations near you.

Know the contact  
numbers of these  
services, in case you  
need assistance.